Leo The Little Lion Learns How To

GET AHEAD OF LEAD!

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One day, Leo was playing near the window. His sister, Lena, saw him and said, "Leo, those paint chips may have lead in them. Lead is bad for you. Don't put paint chips in your mouth."

The next day, Leo saw Lena playing near a wall with peeling paint. So Leo said, "Lena, there may be lead in those paint chips. Let's play some place else. Let's go outside."

Leo was digging with his pail and shovel. Lena said, "Dirt near the house or near a busy road might have lead in it. Let's take a walk."

Leo saw their nice neighbor, Mr. Monkey. Leo said, "Mr. Monkey, don't plant food there. Lena says that dirt might have lead in it. Then your tomatoes might have lead in them too."

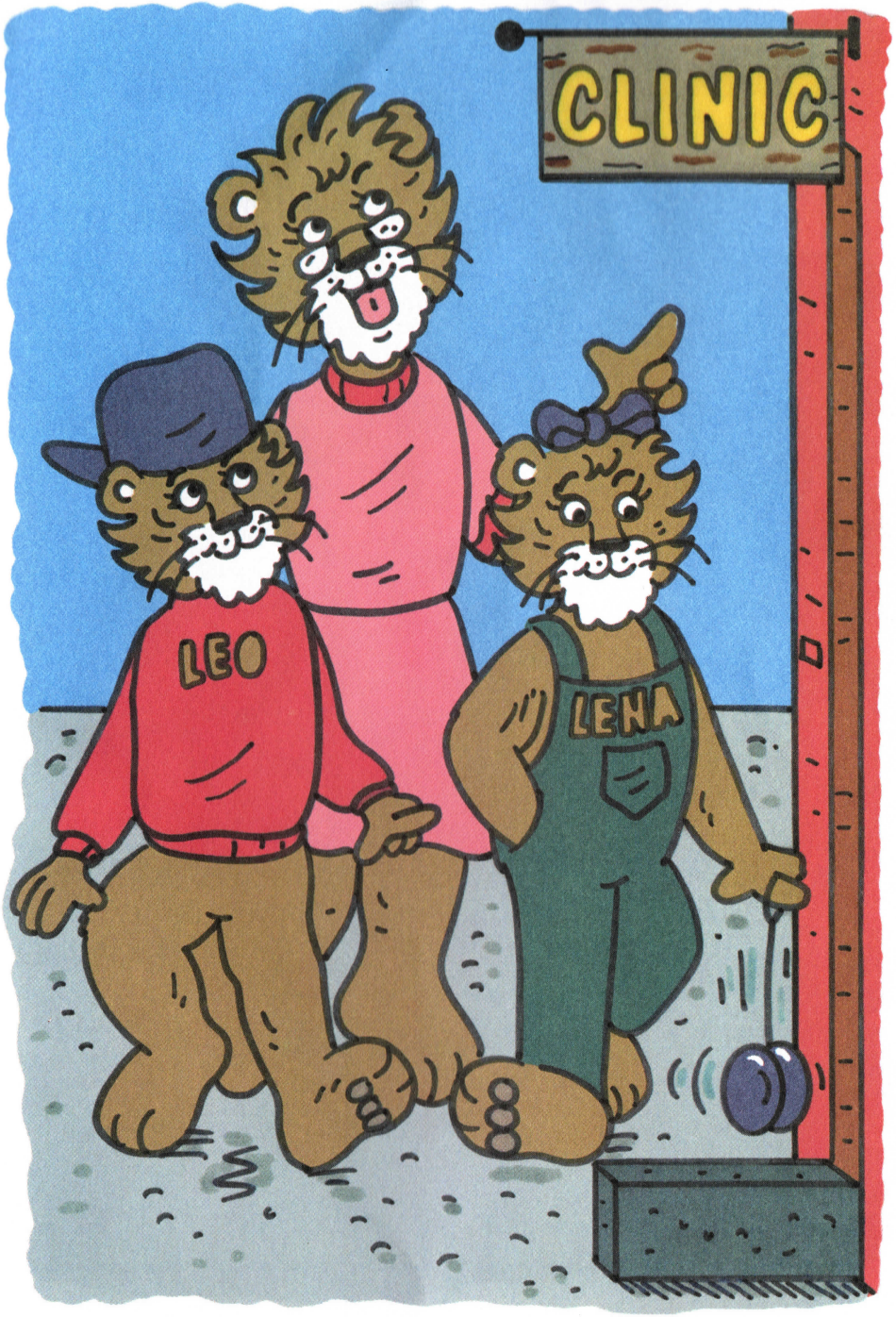
Leo and Lena were watching workers take down an old building. Lena said, "That dust might have lead in it. We shouldn't play here. Let's go home for lunch."

Before eating lunch, Leo went to the sink. He said, "I'm washing my hands to get rid of any lead dust. Lead is bad for me."

Lena was thirsty. She turned the water on. Then she waited. Lena said, "I'm letting the cold water run for a minute to get rid of any lead."

At lunch Lena said to Grandma, "Grandma, did you know your cup could be made with lead?"

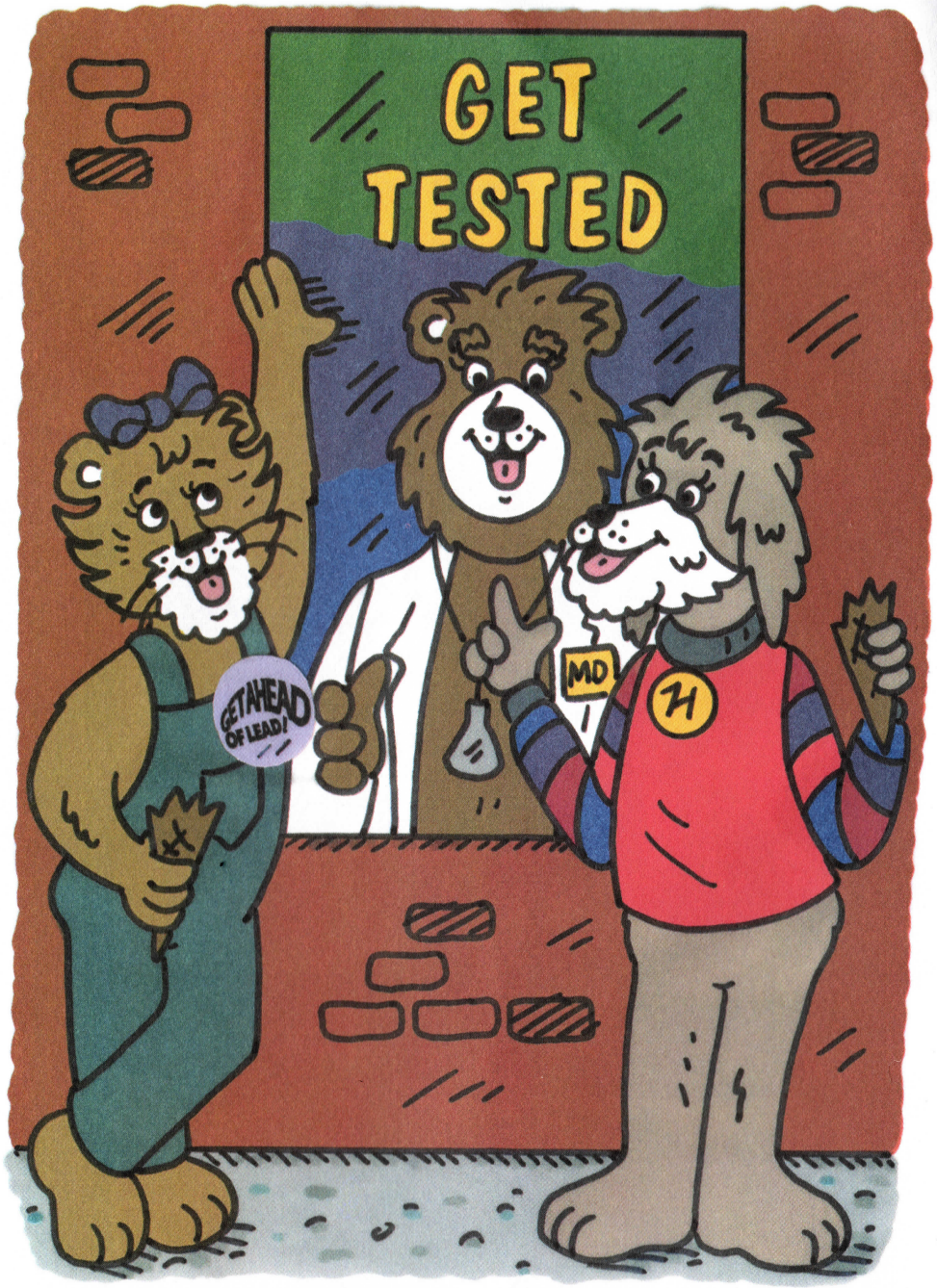
Grandma said, "Oh dear, I might have to get a new cup."



After lunch, Grandma said, "Come on, Leo and Lena. You need to get your lead tests. Then we'll get some ice cream."

Kind Doctor Bear tested them and said, "You both check out fine. See you again next year."

At the ice cream store, they saw their friends, Holly and Howie Hound. Howie asked, "Why are you wearing those stickers?"



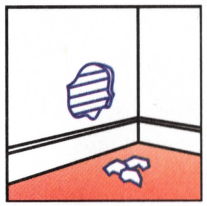
Lena said, "We just had our lead tests. Have you been tested yet?"

Howie said, "Not yet. But we're getting tested tomorrow."

Parents, GET AHEAD OF LEAD!

All children should be tested for lead poisoning at ages one and two. Other children up to six years old should be tested if their doctors think they are at risk.

ALSO:



- Keep children away from peeling paint and broken plaster.
- Damp mop floors and damp wipe surfaces, especially windowsills, twice a week to reduce lead dust.
- Wash your child's hands and face often, especially before meals, to remove any lead dust or dirt.
- Wash your child's toys often, especially teething toys.
- Use cold tap water-not hot-for infant formula or cooking. Let the cold water tap run for at least a minute before using, to flush out any lead that may come from the pipes.
- Store food from opened cans in glass or plastic containers. (Some cans are made with lead solder).
- Some dishes may have lead in their glazes. If you are unsure whether a plate has lead, don't use it for eating or cooking. Don't use chipped or cracked dishes to store or serve food.
- Some crafts call for use of paints, glazes, and solder (used in making stained glass) which may contain lead.

- People who work in construction, plumbing, painting, auto repair, and certain other jobs can be exposed to lead. You and anyone you live with who is exposed to lead on the job should shower and change into fresh clothes and shoes before coming home. Wash work clothes separately.
- Keep children away from buildings being remodeled or renovated, where lead paint and lead dust are common.

Feed your family the right food to GET AHEAD OF LEAD!

FOR IRON:

Dried beans, peas, spinach, collard greens, lean beef or pork, chicken or turkey, whole grain or fortified breads, eggs, tuna.

FOR CALCIUM:

Cheese, milk, yogurt, cottage cheese, ice cream, pudding, milk shakes, cream soups, pizza, lasagna, macaroni and cheese.

Do what you can to GET AHEAD OF LEAD!

State of New York
Department of Health

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